

Exclusive index pages for Ayurveda and massage from Indian video encyclopedia

indiavideo.org

Video Encyclopaedia being developed by
Invis Multimedia in association with UNESCO, New Delhi Office

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Press Release Summary: Exclusive index pages for Ayurveda and other traditional massage forms on web based video encyclopedia www.indiavideo.org

Press Release Body: Web based Indian video encyclopedia www.indiavideo.org launches exclusive index pages for **Ayurveda** and massage. The portal aims to provide information to students of **Ayurveda** besides travellers and tourists who visit India for **Ayurvedic treatment**.

Though **Ayurvedic massage** is the most popular form of Indian massage, **Kalari massage** or the massage practices by **Kalari Gurus**, the masters of ancient martial art form of **Kalaripayattu** is equally important and popular. The index pages contain video clips of all these schools and methods.

Ayurveda, Indian medical science dates back to Indus valley civilization is one of the major medical systems followed in India even today. **Ayurveda** uses herbal medicines mostly and offers solutions even for disease like paralysis, backache, diabetic neuropathy and the like. Many of the advocates of modern medicine term Ayurveda as an alternative or complementary medicine. But it is to be noted that

Ayurveda developed as a full-fledged system of medicine, millennia before modern medicine was composed and continues even today as a complete system of medicine.

Among Indian massages, **Ayurvedic** massage is the most popular one. In **Ayurveda**, medicated herbal oils and herbal powders are used for this. **Kalaripayattu** or the martial art form of Kerala, India has developed its own treatment methods and massages too as can be seen in the video. In **Kalari treatment** also specially prepared herbal oils are used. Special massages are part of the training programs of **Kathakali** and **Kutiyattam**, the classical dance forms of **Kerala, India**. These help in improving the flexibility of the bodies of students who learn this art form. However, the method of massage followed in **Ayurveda** is totally different from the internationally popular massage systems followed in Thailand.

There is no restriction for entry to this website. The video clips can be viewed free of cost.

For further information:

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